

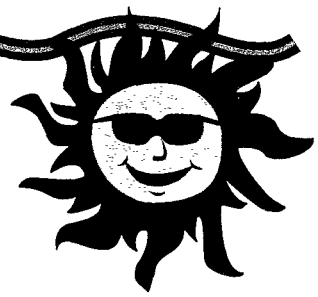
Bienestar Health Program

Kindergarten Health Curriculum
Student Workbook



Healthy Heroes

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	Some of the main things for good health involve eating three healthy meals, eating healthy snacks, getting exercise everyday, and getting an adequate amount of sleep.	
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	Identifies the importance of children making healthy food choices for breakfast, lunch, and dinner as a part of a balanced diet.	
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The Daily Path to Good Health

Follow the Daily Path

START

